

Renewal Pulse Check

2020

It is possible to make a shift toward more fulfilling life work. You can bring greater meaning to your time and create a greater capacity to achieve what matters most. The Renewal Pulse check (RPC) provides indicators of how you are doing on clarifying priorities, building a roadmap for the future, engaging in practices that will keep you well and on track; and, appreciating your progress.

As you use this pulse check over time, do not judge your rate of change. The quality of the effort and enjoyment you put into achieving your goals is the most important ingredient.

Directions

Rate your quality of effort on each of the 20 questions below, using the following scale.

1	2	3	4	5	6	7	8	9	10
Not at All				Average					Excellent

Pulse Check Items

To what extent did you do your best in:

Right Purpose

1. Bringing a clear sense of purpose to your life's work?	1	2	3	4	5	6	7	8	9	10
2. Bringing a clear sense of vision (ideal future state) to your life's work?	1	2	3	4	5	6	7	8	9	10
3. Aligning your work focus and work decisions, with your deeply held values?	1	2	3	4	5	6	7	8	9	10
4. Setting and sustaining specific intentions for growth and renewal, during a current (6-9-month) timeframe?	1	2	3	4	5	6	7	8	9	10
5. Focusing on growth and renewal goals that <i>you</i> find fulfilling?	1	2	3	4	5	6	7	8	9	10

Right Plans

6. Developing or sustaining plans to achieve your goals and intentions?	1	2	3	4	5	6	7	8	9	10
7. Taking specific action regarding your plans?	1	2	3	4	5	6	7	8	9	10
8. Trying specific new ways of thinking, responding, or behaving, in alignment with your plans?	1	2	3	4	5	6	7	8	9	10



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9. Maintaining a sense of internal commitment to your plans?	1	2	3	4	5	6	7	8	9	10
10. Maintaining a positive tone toward yourself and others, as you advance, and experience your plans?	1	2	3	4	5	6	7	8	9	10

Right Practices

11. Strengthening intellectual powers by reading, writing, or discussion?	1	2	3	4	5	6	7	8	9	10
12. Strengthening physical wellness through healthy diet, physical activity, rest and renewal at regular intervals?	1	2	3	4	5	6	7	8	9	10
13. Strengthening emotional wellness by expressing appreciation, acting in service, developing empathy, and staying current in expressing your feelings to those close to you?	1	2	3	4	5	6	7	8	9	10
14. Strengthening values wellness by staying connected to / acting a set of personal values and purpose beyond self-interest?	1	2	3	4	5	6	7	8	9	10
15. Fully engaging in implementing your plans, considering all aspects (intellectual, physical, emotional, and values)?	1	2	3	4	5	6	7	8	9	10

Right Progress

16. Making progress towards achieving your goals for today?	1	2	3	4	5	6	7	8	9	10
17. Experiencing small wins every day that increase your sense of fulfillment in your life and work?	1	2	3	4	5	6	7	8	9	10
18. Reflecting on and learning from the results of your actions?	1	2	3	4	5	6	7	8	9	10
19. Refining your plan based on the quality of your results?	1	2	3	4	5	6	7	8	9	10
20. Recommitting to your plan for transformation and growth?	1	2	3	4	5	6	7	8	9	10

When you are finished, review your results. Identify key areas of opportunity between where you are and where you would truly like to be.

